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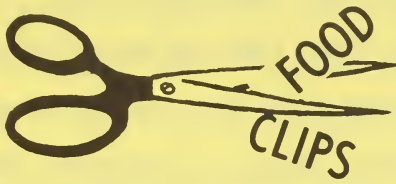
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Food and Home Notes

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If your cereal has lost its crispness you might restore it by heating the cereal (in a shallow baking pan) in a preheated oven at 350°F for about 5 minutes, according to home economists at U.S.D.A.

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The best way to prevent your hot cereal from lumping is to add cereal to boiling water slowly, stirring constantly.

* * *

If you allow cooked cereal to stand exposed to the air, a rubbery film quickly forms on the surface and looks unappealing. If you cover it and keep it hot in the top of a double boiler (over hot water) it'll retain it's creamy consistency.

* * *

Want to vary the flavor of cooked cereals? -- cook them in milk or with raisins, dates, or other cut-up dried fruits.

* * *

Did you ever try dairy eggnog in place of milk and sugar on your cooked cereal?

HOME STORAGE GUIDE

---For Cereals and Pasta

Breakfast Cereals	2 to 3 mo.
Bulgar	6 months
Cornmeal and hominy grits	4 to 6 mo.
Pasta (except egg noodles)	1 year
Egg noodles	6 months
Rice:	
White	} 1 year
Parboiled	
Packaged precooked	
Brown	} 6 months
White	

Agricultural Research Service
U. S. Department of Agriculture

ENERGY SAVERS---

Proper use of insulation is the most positive and efficient means of conserving home conditioning energy. Conserving energy used in home heating and cooling is one of the most important considerations the consumer has today according to the new Yearbook of Agriculture, the "Shopper's Guide."

"Heat loss" in winter means the heat energy flows from the warm interior of a house to the cooler exterior. In summer, heat flows from the warmer exterior to the relatively cooler interior of a house which is "heat gain" (When considering air conditioning.) Thermal insulation materials are developed to reduce heat transfer materially.

There are four common forms of insulation materials: batts or blankets, loose fill or granulated, rigid boards, and reflective. The batts are usually encased in paper, one face which serves as a vapor barrier. And it is this vapor barrier that needs to be installed properly to be of most value. Batt type of insulation is easily laid between the rafters, for instance, in an unfinished attic, or in the original construction of the building.

Loose fill insulation must be put into sidewalls and ceilings of existing houses by special blowers used for this purpose. Rigid insulation boards are used on the outside of wall studs as sheathing or inside as a wall finish. Insulation boards are usually relatively dense, however, so, less effective than the blanket or batt types.

Reflective insulation is very popular. It is made from reflective foils such as aluminum, or polished metallic flake adhered to reinforced paper. The foil surface must face an air space of 3/4ths of an inch or more. If the reflective surface touches surrounding materials it is ineffective as an insulator because it does not retard conducted heat or heat of convection.

---HOME INSULATION

Did you know that 1-inch of mineral wool insulation has more insulating value than an 18' masonry wall of common brick?

The effectiveness of insulation is specified in two ways -- one is the R factor which stands for "resistance." The second specification is stated as the amount of heat that will pass through a material or materials under known conditions -- and they are designated by the letters "C" or "U". The R rating is simple to evaluate and to use. For example, a 4' batt might have a R-12 rating and another type have only a 10. Obviously the higher rating is the most practical to use.

When you can only find the C or the U rating you change them to R before adding: you divide by one to get the R value. If the C or U value is .5, then $R=1+.5=2$. You therefore, are looking for the largest R factor, and the smaller the C or U the better the insulating quality. A good guide is called the "All Weather Comfort Standard" which is published by electric power suppliers.

Any amount of insulation used will pay for itself in a few years. Fire resistance of any insulating material should be considered regardless of where it is used in the house. Effects of moisture on an insulation material sometimes determines whether or not it can be used for some jobs such as perimeter insulation under concrete slabs. It must be noted that when any insulation material becomes saturated, the insulating value decreases to practically nothing.

Four important tips before you insulate: (1) Know the value of the insulation material that will be used. (The R value mentioned earlier). (2) Follow manufacturers' directions for proper installation. (3) Adequate ventilation of the attic and crawl space is necessary for best results from use of insulation in these areas.

COST OF FOOD AT HOME FOR A WEEK (December)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$27.70	\$34.50	\$41.40
Elderly couple.....	24.60	30.40	36.20
Family of 4 with preschool children.....	39.10	48.50	58.10
Family of 4 with elementary school children.....	47.50	59.30	70.80
Individuals*			
Women			
20-54 years.....	11.20	13.90	16.60
55 years and over.....	10.10	12.40	14.70
Men			
20-54 years.....	14.00	17.50	21.00
55 years and over.....	12.30	15.20	18.20
Children			
1-2 years.....	6.30	7.70	9.20
3-5 years.....	7.60	9.40	11.30
6-8 years.....	9.90	12.40	14.80
9-11 years.....	12.40	15.50	18.40
Girls 12-19 years.....	11.70	14.40	17.20
Boys 12-14 years.....	13.20	16.50	19.60
15-19 years.....	14.50	18.10	21.60

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.

Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Production Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.

Correction: On page 3 paragraph one should read

"...18 inch masonry wall" (not 18 feet)

and paragraph two should read

"...a 4 inch batt might have a R-12 rating."

